





PROTEIN OATS (BREAKFAST)

 1 serving  30 minutes

INGREDIENTS

35-40g jumbo oats
1 tsp flax seeds
1 scoop protein powder
250ml milk of choice
Pinch of salt
1 tsp cinnamon
40g frozen blueberries
1 tbsp chia seeds
1 lemon
1 tsp honey
Whole almonds

DIRECTIONS

1. Tip the frozen berries straight into a saucepan and heat for 10 minutes until defrosted and gently bubbling. Mix in lemon zest, a little juice and chia seeds stirring constantly. Set to one side.
2. Gently simmer the oats in 200ml milk, a pinch of salt and 1 tsp cinnamon. I only stir once every 2 minutes until the oats are cooked but still with a nice bite.
3. Allow to cool for a couple of minutes, then mix in a scoop of protein powder and tsp flax seeds. Loosen with a bit of cold milk and stir until creamy. Mix 1 heaped tsp honey with 1 tsp lemon juice.
4. Serve the oats with a dollop of compote, 8 whole almonds, probiotic yoghurt and a drizzle of lemony honey.